

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 76: Days of Physical Activity Believed to Be Needed Compared with Actual Activity Level (Phone Sample)**

About how many days each week do you think you should exercise or be physically active ~~by doing things like bicycling, dancing, or playing basketball for at least 30 minutes at a time one hour?~~

For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

Physical Activity	Percent	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
		0-2	3-4	5-6	7+
Days believed to be needed					
0-2	7	11	30	48	11
3-4	25	25	26	33	16
5-6	31	20	32	29	20
7+	37	14	22	39	25

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005